



FOOD SAFETY

SALMONELLA

Preventing food borne illnesses is important for everyone. Food borne illnesses can be severe and even life threatening for pregnant women and their unborn baby, children, or people with weakened immune systems. If symptoms are severe or the person is very young, old, pregnant or already ill—call the doctor **immediately**.

Salmonella is one of the most common bacterial food borne illnesses.



What is Salmonella?

1. Salmonella infections result when the bacteria enter the body by eating contaminated foods.
2. Salmonella bacteria live in the intestinal tract of infected animals and humans.
3. People can get Salmonella after handling human or animal feces or reptiles. Hand washing is very important to get rid of these germs.

How are the foods contaminated?



1. Lack of hand washing:
 - before food preparation;
 - after handling animals or reptiles; or
 - after going to the restroom or changing diapers.
2. Food can be contaminated during preparation by a food handler who did not wash his/her hands after using the bathroom.
3. Salmonella is transmitted to humans by eating foods contaminated with animal feces. Contaminated foods can be beef, poultry, milk, eggs, fruits or vegetables. Thorough cooking can kill the Salmonella in the raw foods. For foods that do not get cooked, such as cantaloupe and melons, thorough washing the fruit before it is cut is required in order to remove the number of bacteria that may be on the surface.

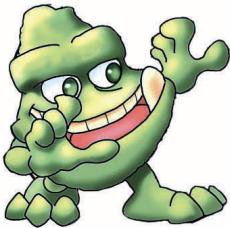
What are the symptoms and treatment for Salmonella?

Symptoms of Salmonella may include:

- Diarrhea
- Fever
- Abdominal cramps



Salmonella infection usually lasts 5 to 7 days. Most individuals do not require treatment unless they become dehydrated or symptoms are severe. Your doctor can confirm Salmonella with a lab test.



What can I do to prevent getting Salmonella?

1. Eat eggs, meat or poultry that are cooked to proper temperature.
2. Cook all meat and poultry until there is NO pink color and proper temperature is attained.
3. Eat or drink pasteurized milk or dairy products. Raw milk should not be eaten.
4. Wash all fruits and vegetables prior to eating.
5. Keep all uncooked meats and foods separate from produce, cooked foods and ready to eat foods.
6. Wash hands, cutting boards, counters, knives and all other items after handling uncooked foods.
7. Wash hands after handling animal feces or reptiles. It is recommended not to have a reptile in the house with an infant or small child.
8. Prepare food or pour beverages for others after it has been shown you no longer carry the Salmonella bacterium.

Always remember the six basic principles to help keep your food safe from harmful bacteria.

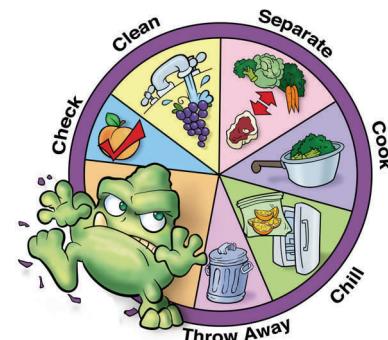
1. **CHECK**— Make sure the foods are fresh and not past “use by dates”.
2. **CLEAN**—Wash hands and surfaces often!
3. **SEPARATE**—Keep raw and cooked foods apart when preparing.
4. **COOK**—Cook to proper temperatures—use a food thermometer.

160° - Ground beef,
165° - Ground poultry
145° - Beef, veal, pork and lamb
160° - Fresh pork and egg dishes
165° - Stuffing and casseroles
180° - Whole poultry

5. **CHILL**— 40° or lower for safety.
6. **THROW AWAY**—when in doubt, put in trash.

For additional information contact:

- Centers for Disease Control and Prevention—www.cdc.gov
- Centers for Disease Control/Foodborne Illness Line (24 hour recorded information) - 1-888-232-3228
- USDA Food Safety and Inspection Service—www.fsis.usda.gov
- USDA Meat and Poultry Hotline—1-800-535-4555
- U.S. Food and Drug Administration—Center for Food Safety and Applied Nutrition—www.cfsan.fda.gov
- www.FoodSafety.gov
- 1-800-SAFEFOOD
- Partnership for Food Safety Education—www.fightbac.org
- Your physician or local public health department
- KY Food Safety Branch (502) 564-7181 or <http://chfs.ky.gov/dph/info/phps/>



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